

To read more about our Fitness classes, please view our detailed descriptions online at www.CarlsbadConnect.org.

Health Barre ♥

Improve your posture, muscle-tone and strength with basic ballet movements used on center floor and the barre. You'll work your entire body with dumbbells, bands and other methods of resistance to promote lean muscle. Our workout concludes with abdominal workout and lengthening stretches. Please bring a mat, 1 lb. hand weights, water and a towel. Drop In \$10.

Calavera Hills Community Center: Activity Room

Instructor: Fit, Fun and Fabulous

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53503	9:00-10:00am	Th	Jun 7-Jul 12	6c	\$48/\$58
53210	9:00-10:00am	Th	Jul 19-Aug 23	6c	\$48/\$58

Stagecoach Community Center: Activity Room

Instructor: Fit, Fun and Fabulous

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53208	9:00-10:00am	F	Jun 8-Jul 13	6c	\$48/\$58
53209	9:00-10:00am	F	Jul 20-Aug 24	6c	\$48/\$58

Provide feedback:
www.carlsbadca.gov/parkandrec
then click > Provide feedback.

Jacki Sorensen's Aerobic Dancing ♥

Dance and tone your way to fitness with a certified instructor. Simple dance routines choreographed for fun (and for the non-dancer too). Choose your level. Vertiform 'standing floor work' burns more calories. Hand/ankle weights optional. Bring a mat or towel. Athletic shoes required. Frances has a B.S. in Kinesiology.

Harding Community Center: Recreation Hall

Instructor: Frances Walters

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53239	8:15-9:15am	MWF	Jul 2-Aug 24	23c	\$104/\$114 \$80/\$90

Pi Yo ♥

Merging Pilates and Yoga is the perfect combination of modern and ancient mind, body and core strength. Each discipline has its own postures and power moves creating a tremendous energy from within. Our focus is deep muscle work building strength and harmony. Please bring towel & yoga mat. Drop in \$8.

Calavera Hills Community Center: Activity Room

Instructor: Sue Stewart

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53223	6:00-7:00pm	M	Jun 4-Jul 9	6c	\$36/\$46

Activities and classes with ♥ offer a health and wellness benefit to the participant.

City of Carlsbad Parks & Recreation

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FRIDAYS

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CITY OF • 31ST ANNUAL CARLSBAD & WELLNESS TRIATHLON & WEEKEND

EXPO
SATURDAY
July 7

Westfield Plaza Camino Real

Demonstrations
Health Screenings
Wellness Products
Music

Swim 1k

Bike 25k

Run 5k

WIN!

2012

REGISTER NOW!
760-602-7519

www.carlsbadtriathlon.com

TRIATHLON
SUNDAY
July 8

**CITY OF
CARLSBAD**



Pilates with a Stretch ♥

Join us in our quest for longer leaner muscles, core strength and fitness. Stretching is a bonus, which will help increase range of motion, elongate muscles and prevent injuries. To expand your results, emphasis will be placed on proper form, breathing and technique. Please bring a towel. Drop in \$8.

Calavera Hills Community Center: Activity Room

Instructor: Sue Stewart **Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53225	6:00-7:00pm	W	Jun 6-Jul 11	5c	\$30/\$40

Tai Chi Chuan ♥

Experience an introduction and instruction on the Chinese exercise/discipline of Tai Chi Chuan. This slow non-strenuous exercise places emphasis on balance, flexibility and ease of movement for the continuation or improvement of health for the rest of your life. Drop in \$6.

Calavera Hills Community Center: Activity Room

Instructor: Ben Parsons **Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53226	9:00-11:00am	M	Jul 2-Aug 20	8c	\$40/\$50
53228	9:00-11:00am	Sa	Jun 23-Aug 25	10c	\$50/\$60

Try it for
FREE!

Wu Style Tai Chi ♥

Originally developed in ancient China for self-defense, Tai Chi evolved into a graceful form of exercise that's now used for stress reduction and help with a variety of health conditions. Get an introduction to 108 Wu Style Tai Chi Form. Students find mind peace and body balance in a short time. Drop in \$10

Stagecoach Community Center: Activity Room

Instructor: Lei Kang **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53504	2:30-4:30pm	Sa	Jul 21-Aug 25	6c	\$50/\$60

Try it for
FREE!

See page 26 for details.

Yoga Beginner/Intermediate ♥

This is an active flow Yoga class. Each session includes asanas (postures) that are sequenced to provide a contemporary fitness approach to traditional Yoga practice. Yoga offers the opportunity for improvement in spinal stability, posture, abdominal strength, coordination and balance, as well as managing stress. Please bring a mat. Drop in \$8.

Harding Community Center: Recreation Hall

Instructor: Sally Pawoll **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53234	5:30-6:30pm	Tu	Jun 26-Aug 21	9c	\$63/\$73
53235	6:00-7:00pm	Th	Jun 28-Aug 23	9c	\$63/\$73

Yoga Circle ♥

Empower yourself with this gentle, yet challenging yoga class! You'll stretch and strengthen with a flow of postures, improving balance and flexibility. Deep breathing will relax and rejuvenate you, releasing stress. Body, mind and spirit will harmonize naturally. Please wear loose clothing, bring a mat and an empty stomach. Drop in \$10.

Calavera Hills Community Center: Activity Room

Instructor: Cynthia Collier **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53237	4:30-5:30pm	W	Jun 6-Jul 11	5c	\$41/\$51
53238	4:30-5:30pm	W	Jul 18-Aug 22	6c	\$49/\$59

Yoga Plus ♥

Yoga Plus is a combination of Yoga and Pilates. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary fitness approach to traditional Yoga practice, plus a selection of Pilates mat work exercises designed to improve spinal stability, posture, and abdominal strength. Please bring a mat. Drop in \$8.

Senior Center: Auditorium

Instructor: Sally Pawoll **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53230	6:00-7:00pm	M	Jul 2-Aug 27	9c	\$63/\$73
53231	6:00-7:00pm	W	Jun 27-Aug 8	6c	\$42/\$52
53236	6:00-7:00pm	W	Aug 15-Sep 5	4c	\$28/\$38

Zumba Fitness ♥

Zumba fitness is one of the fastest growing dance based fitness crazes in the country. You'll agree this is the most fun you've ever had working out with easy to follow dance moves and motivating Latin rhythms such as Merengue, Salsa, Cumbia, Reggeaton and even Belly Dance and Hip Hop. Drop in \$10

Calavera Hills Community Center: Activity Room

Instructor: Fit, Fun and Fabulous **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53218	10:15-11:15am	Th	Jun 7-Jul 12	6c	\$48/\$58
53219	10:15-11:15am	Th	Jul 19-Aug 23	6c	\$48/\$58

Stagecoach Community Center: Activity Room

Instructor: Fit, Fun and Fabulous **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53212	9:00-10:00am	M	Jun 4-Jul 9	6c	\$48/\$58
53213	9:00-10:00am	M	Jul 16-Aug 20	6c	\$48/\$58
53214	9:00-10:00am	W	Jun 6-Jul 11	5c	\$40/\$50
53215	9:00-10:00am	W	Jul 18-Aug 22	6c	\$48/\$58

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